

Inside Play Time

What you need

- Stuffed animals or toys
- Large box
- Plastic clothes basket
- A large soft ball
- A large sheet



What to do

- Make a box car
 - 1) Give your child a box to push around.
 - 2) She can put her toys and animals in the box for a ride
- Basketball
 - 1) Put a laundry basket about 3 feet from your child.
 - 2) Let her throw a soft ball into the basket.
- Table tent
 - 1) Cover a table with a large sheet.
 - 2) Your child has a playhouse great for rainy days!

Why is this important?

- Movement games help children grow stronger. Games help children learn new words and ideas like up, down, inside, outside, over, behind and under.

For More Information



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I Want To Learn!



Parent-Child activities
to help your child grow!

For Ages 1-3

Information Provided by: U.S. Board of Education

Shop Till You Drop



What you need

- A grocery shopping list

What to do

- Pick a time when neither you nor your child is hungry or tired.
- At the grocery store, put your child in the grocery cart so that he faces you.
- Walk up and down the aisles. Talk to your child about the items. Say, "The skin of the orange is rough and bumpy. Here, you feel it."
- Name the objects that you see on the shelves. Talk about the items you buy. Say, "First we are going to buy some cereal. See, it's in a big red and blue box."
- Encourage your child to say "hi" and "bye" to the clerk.
- Leave home before your child is tired or grumpy.

Why is this important?

- Children need to hear lots of word in order to learn how to communicate. It's really helpful when you talk about things that are going on in front of your child.

Music Makers

What you need

- Music
- Noise makers (rattles, a can filled with beans or buttons, empty toilet paper rolls, wooden spoons, pots, pans, plastic bowls)

What to do

- Have your toddler bang a wooden spoon on pots, pans or plastic bowls.
- Shake a large rattle or other noisy items.
- Blow through a toilet paper roll or paper towel roll.
- Sing or play recordings of nursery rhymes.
- Encourage your child to dance, spin, jump up and down or clap to the music.

Why is this important?

- Present music to your child early. All children understand music. Music and dance help children learn to listen. Music and dance help children improve hand and body movements. Music and dance help children to be creative.

